

FAKTOR-FAKTOR YANG MEMENGARUHI PERILAKU MEROKOK TENAGA KEPENDIDIKAN FAKULTAS ILMU-ILMU KESEHATAN UNIVERSITAS JENDERAL SOEDIRMAN

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ABSTRAK

Latar Belakang: Perilaku merokok merupakan perilaku yang berbahaya bagi kesehatan. Faktor persepsi, psikologis, sosial, dan beban kerja dimungkinkan memiliki hubungan terhadap perilaku merokok responden. Penelitian ini bertujuan untuk mengetahui hubungan faktor persepsi, psikologis, sosial, dan beban kerja terhadap perilaku merokok responden.

Metodologi: Penelitian ini merupakan penelitian deskriptif komparatif dengan pendekatan *cross sectional*. Pengambilan data menggunakan kuesioner. Populasi dalam penelitian ini adalah seluruh tenaga kependidikan Fikes Unsoed. Pengambilan sampel menggunakan teknik total sampling dengan jumlah sampel sebanyak 41 orang.

Hasil Penelitian: Mayoritas responden berada pada kelompok perokok sedang (48,8%). Sebagian besar memiliki faktor persepsi negatif (70,7%), psikologis rendah (68,3%), sosial tinggi (56,1%), dan beban kerja tinggi (92,7) terhadap perilaku merokok. Hasil penelitian menunjukkan bahwa ada hubungan yang signifikan antara faktor sosial terhadap perilaku merokok ($p=0,021$). Sedangkan tidak terdapat hubungan yang signifikan antara faktor persepsi, psikologis, dan beban kerja terhadap perilaku merokok ($p=0,078$; $p=0,511$; $p=0,235$).

Kesimpulan: Faktor sosial secara signifikan berhubungan terhadap perilaku merokok tenaga kependidikan Fikes Unsoed, sedangkan faktor persepsi, psikologis, dan beban kerja tidak ada hubungan yang signifikan.

Kata kunci: beban kerja, perilaku merokok, persepsi, psikologis, sosial

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**FACTORS THAT INFLUENCE SMOKING BEHAVIOR ON
EDUCATIONAL STAFF OF FACULTY OF HEALTH SCIENCES
JENDERAL SOEDIRMAN UNIVERSITY**

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ABSTRACT

Background: Smoking behavior was a harmful behavior for health. Perceptual, psychological, social, and workload factors were possible to have a relationship with smoking behavior of respondents. This study aimed to determine the relationship of perceptual, psychological, social, and workload factors with the smoking behavior on educational staff of Faculty of Health Sciences Jenderal Soedirman University.

Methodology: This research was a comparative descriptive study with cross sectional approach. Data was collected use questionnaires. The population in this study were all educational staff of Fikes Unsoed. Sampling technique used total sampling with 41 staff.

Results: The majority of respondents were categorized as moderate smokers (48.8%). Most respondents had negative perception factors (70.7%), low psychological (68.3%), high social (56.1%), and high workload (92.7) for smoking behavior. The results showed that there was a significant relationship between social factors and smoking behavior ($p = 0.021$). While there were no significant relationship between perceptual, psychological, and workload factors on smoking behavior ($p = 0.078$; $p = 0.511$; $p = 0.235$).

Conclusion: Social factors were significantly related to smoking behavior on educational staff of Fikes Unsoed, while perception, psychological, and workload factors had no significant relationship.

Keywords: workload, smoking behavior, perception, psychological, social

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